

The Psychology Times

Independent Voice for Psychology in Louisiana

An eNewspaper
for the
Psychological
Community

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Who Dat Nation. Dr. Lana Whitlow, V.P., Morris & McDaniel (New Orleans) loves the Saints. She snapped this picture from her and her husband's seats on the 40th yard-line at the NFC championship game. "The winning field goal had just gone through the uprights, and the team was pouring out onto the field," she said. "There was not a dry eye in section 267. There were no boundaries, everyone was hugging everyone else. It was an oddly touching experience, a beautiful time to be there."

Dr. Whitlow works with Dr. David Morris, serving business and industry, and manages the New Orleans office for the firm. Dr. Morris contracts with the U.S. Army to help select individuals in Iraq for police and military, and has been featured in the APA Monitor for his work overseas.

LSBEP Meets with LPC Board, LPA Absent

Representatives of the Louisiana Licensed Professional Counselors Board of Examiners (LPC Board) and members from the Louisiana Licensed Professional Counselors Association invited members of the Psychology Board to meet with them on November 6, 2009. The purpose was to discuss

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No Appointments Yet, Dr. Dammers Agrees to Stay On

The Louisiana Boards and Commissions' office indicated on February 1st that the Governor has yet to make the three pending appointments to the LSBEP. Openings include untimely vacancies due to the resignations of Dr. Glenn Ally and Dr. Paul Dammers. The third vacancy will occur in June this year, as Dr. Jillandra

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Tulane Psychology Professors Awarded Grants

Dr. Laurie O'Brien, Assistant Professor at Tulane was awarded a \$325,000 grant from the National Science Foundation for research on gender discrimination and stereotyping in STEM (science, technology, engineering, and mathematics) disciplines. Dr. O'Brien's research interests are prejudice and stigma and she teaches Social Stigma as one of her classes at Tulane. Dr. O'Brien won the 2005 Morton Deutsch Award of the International Society of Justice Research and has published extensively on

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LPA Members Find "Solid Agreement" Says Chairman

According to Chairman Dr. Phillip Griffin, the ongoing bylaws revision group of LPA is finding "solid agreement" in important areas. The bylaws process and changes are aimed at increasing consensus and improving relationships among different groups within the organization, primarily related to disagreements between members over the passage of Act 251.

In a memo to all LPA members, Dr. Griffin noted that the bylaws committee has met twice and that both meetings have been "cordial and productive."

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SEPA Annual Meeting March 10-13, in Chattanooga, Tennessee

The Southeastern Psychological Association will hold its Annual Meeting in Chattanooga, TN, from March 10 to 13. Sessions will be held at the Chattanooga

Marriot and in the adjacent Convention Center. The theme of this year's conference is, "Exploring the Breadth of Psychology: Teaching, Research, and Service," notes Program Chair, Dr. Patricia Donat.

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Right: Dr. Rosemary Hays-Thomas, at Chattanooga Aquarium.



Editorial Page

Whatever They Say It's About...

by Julie Nelson

Several explanations are circulating about why 251 was needed: moral issues, public safety, the problem with "onerous rules" which would have made the 2004 law null and void. And there was the comment that medicine could provide MPs with "opportunities to develop professionally."

Years ago I worked at Honeywell with a woman manager who knew the ropes. We'd attend high level meetings and I'd come away shaking my head, puzzled as to why the top managers made the decisions they did. She'd laugh and say, "Whatever they say it's about, it's about money." Of course as psychologists we know it's also about power, sex, mastery, etc. But money is a good facsimile.

Not that there is anything wrong with doing something for money; it's an honest motive. Supply and demand forces shape the economy and professions restrict supply. MPs could potentially achieve a 40% increase in compensation the closer they come to psychiatry.

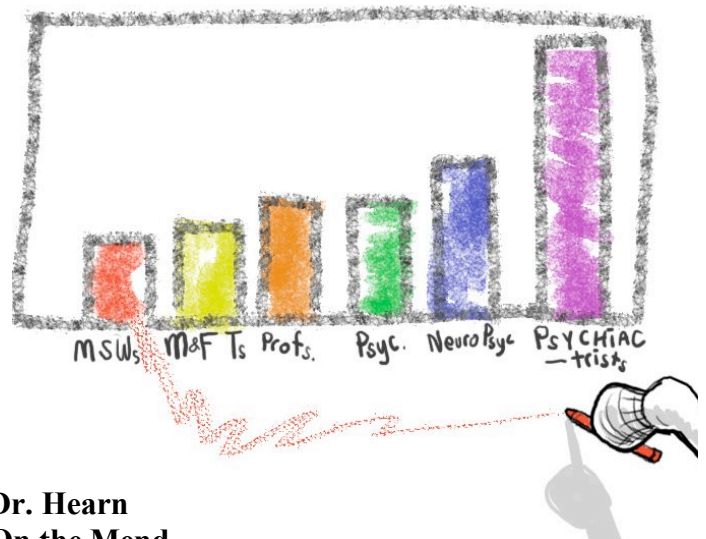
But still, why move from under psychology? So I asked Michael Dooley, MBA, and he said, "Why

move psychology under medicine? –It was easier. Whatever was easier in dollars or effort."

Social Workers.....	39,530
Marriage & Family Therapists	44,590
Psychology Professors.....	63,630
Clinical, Counseling, & School Psychologists.....	64,100
Neuropsychologists.....	86,120
Psychiatrists.....	154,200

National median salaries.

Source: O*Net



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We welcome ideas for news, features, Letters to the Editor, photos, and other material related to psychological community of Louisiana. Editorials and commentary reflect the opinions of this newspaper. Columns and Letters to the Editor express the opinions of the writers and not necessarily those of *The Psychology Times*.

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Dr. Hearn On the Mend

Dr. George Hearn, the first I/O psychologist licensed in Louisiana, took a nasty fall down stairs at his home, a few months ago. The *Times* spoke with George and wife Gloria, and they relayed that he is doing well, and recovering at a steady pace.

George later told Gloria that when he got up from his fall, he wasn't feeling "all that well." Since Gloria wasn't home, he telephoned for some help, and also had to answer the door for a delivery.

George suffered some cuts and a fracture in his neck. But he is now out of his brace and spending his time relaxing, receiving visitors (including and especially his daughter), and doing his required physical therapy. Gloria mentioned to thank everyone for the kind wishes for George's speedy recovery.

Boards Meet...

various issues. Also invited was the Louisiana Psychological Association.

The meeting took place as scheduled. Dr. Joseph Comaty attended, serving in his role of Liaison to Boards and Commissions. Also attending were Dr. Courtney, Dr. Rovartis, Executive Director Ms. Jaime Monic and the board's attorney.



No one from the Louisiana Psychological Association was present at the meeting.

The agenda proposed by the LPC Board included: "Discussion of mental health access issues," "Identification of common goals and philosophies," "Identification of concerns, a) Psychologist concerns, b) Professional Counselors' concerns," and "Discussion of joint efforts to address concerns and improve access for patients/clients."

The minutes noted that members of the LSBEP met with LPC representatives, in response to the invitation by the LPC Board Chair, Dr. Gloria Bockrath. And, "The LPC Board discussed general issues involving professional boundaries (including testing and diagnosis); counselor's limitations to provide services in Monroe for Medicaid reimbursement; and an intent to seek some resolution or obtain a better understanding of the boundaries between psychology and counseling professions. The outcome of the meeting involved an agreement from the LPC Board to provide a written request to the LSBEP, reiterating LPC concerns/issues to which they are either proposing resolution or seeking input from the LSBEP."

(Source: LSBEP minutes)

Left: Dr. Karen Speier bundles up for freezing temperatures at Bylaws meeting. Right: Dr. Brockhoeft, Dr. Zimmermann, and Dr. Hannie take a break.



Solid Agreement...

He also noted that the process is ongoing and finished recommendations will be presented at a later time to all LPA members.

Dr. Griffin's memo suggested that the committee has found agreement in changes that allow more representation by members, including enabling members to call special meetings, and to increase the number of elected officers, in contrast to those appointed by the President.

The bylaws revisions, and the contracting with Parliamentarian Alan Jennings, arose to address the group's differences over past decisions and issues revolving around Act 251. Dr. Griffin noted that the final recommendations of the committee will likely be presented to the Executive Committee and then to the membership at the upcoming Annual Convention in April.

Appointments...

Rovartis completes her regular term of service.

An election was conducted this past December by LPA and names submitted to the Governor.

In order for the board to be able to conduct regular business, Dr. Dammers kindly agreed to stay and serve until his replacement is appointed by the Governor, according to the Executive Director. Along with Dr. Dammers and Dr. Rovartis, Dr. Joe Comaty and Dr. John Courtney are presently serving on the board.



April 22 to 24
Louisiana Psychological
Association
Annual Convention



Members of Grassroots got together for chili at Dr. Tom Hannie's home prior to the Bylaws meeting. Discussion included how LPA members could help the association. Below, Dr. Michael Chafetz pulls kitchen duty.

Tulane Profs...

the topic of stereotype, belief systems, discrimination and the impact of these variables on self-esteem.

Dr. Stacy Overstreet, Director of the School Psychology Training Program received a \$600,000 training grant last year from the Department of Education. This grant supported students in the Tulane School Psychology doctoral program dealing with stress and trauma. Dr. Overstreet's research interests include children at risk for maladjustment due to chronic stressors, and she teaches in these areas of interest.

Also in 2009, Dr. Paul Colombo received a \$300,000 grant from the National Science Foundation for his research on memory. He is an associate professor in the psychology department and studies the neuronal mechanisms involved in memory, in his laboratory at Tulane.

(Source: Tulane University, Psychology Department website.)



Changes in LPA Executive Committee

According to the website's list of officers, changes have been made to the executive committee in LPA.

Dr. Jessica Brown, Secretary, is now also taking on the duties of the Legislative & Public Policy Committee, previously held by Dr. Jim Quillin. And, Dr. Linda Upton is the APA Council Representative, also previously held by Dr. Quillin.

Other changes include the Medical Psychology Committee, previously held by Dr. Warren Lowe. Currently, Dr. Scott Eckholdt is serving in this capacity.

New executive committee members also include Dr. Gail Gillespie, who is serving as Chair of the Ethics Committee and Dr. Kim VanGeffen who now fills the Chair for Insurance, a position that has been vacant.

Dr. John Simoneaux began serving as Professional Affairs Committee Chair in the fall of last year.

Continuing to serve the association are Dr. Judith Levy (President), Dr. Kelly Ray (President-Elect, Convention), Dr. Cathy Castille (Treasurer-Finance), Dr. Darla Burnett (Past-President, Nominations, Advocacy), Dr. Phillip Griffin (Continuing Education), Dr. Brandon Romano (Membership), and Dr. Tony Young (Scientific Affairs).

GRASSROOTS GRASSROOTS

Join Us.

Website- grassrootslallc.com
Email- info@grassrootslallc.com

Psychology Bd Reviewed 251 Once Before It Passed

PT has obtained LSBEP minutes from the time period corresponding to passage of Act 251. Based on this information, the Psychology Board discussed the bill once before it was sent to be signed by the Governor. This was at their May 8th meeting last year.

Dr. Glenn Ally, at that time Chair of Legislative Committee for the Board, brought the bill up in his report on May 8th. The minutes noted: "SB 294: Transfer Medical Psychologist to LA Board of Medical Examiners- Concerns over the effects of this Bill on the financial and regulatory operations of the Board, the practice of psychology, and the practice of medical psychology were discussed by all present. The LSBEP elected to request a legal opinion from Attorney Lloyd Lunceford concerning the impact on the LSBEP for future consideration by the Board."

According to Executive Director Jaime Monic, the consensus of the discussion was, "To have an attorney look at the bill and tell us what it means."

At the next board meeting, which occurred on June 12th, Mr. Lunceford provided a confidential memo to the board, which had been forwarded to members earlier. At this same meeting, Dr. Ally reported that SB 294 (Act 251) had been sent to the Governor

Student Bookshelf



LSU Baton Rouge Dissertations:

Davidson, Karen Ann (Clinical)

Environmental Effects on Adolescents Exposed to Hurricane Katrina

Esteve, Brian Michael (School) *Analysis of Progressive Lag Reinforcement Schedules and Environmental Cues on Verbal Response Variability*

Patterson, Scott Michael (Clinical) *The Effects of Increasing the Risk Perception of High-Risk Behaviors on Decision Making among College Daily Smokers and Never-Smokers*

Brown, Jennifer Silva (Cognitive) *Apolipoprotein Status and Cognitive Functioning in Adulthood: Role of Physical Health and Social Network Characteristics*

Henderson, Marie Young (School) *Predicting Performance on High Stakes Testing: Validity and Accuracy of Curriculum-Based Measurement of Reading and Writing*



for his signature.

According to the Senate website, SB 294 was prefiled on April 17th and introduced into the Senate on April 27th. It was sent to the Governor for approval on June 18th.

Reports from other meeting dates indicate that the board discussed administrative issues about transferring medical psychologists to the Medical Board. However, the May 8th meeting appears to be the only opportunity the LSBEP members had to discuss Act 251 prior to its passage.

Nutrition and Health

Amino acids may be important in the treatment of depression. Forty patients diagnosed with major depression showed low plasma amino acid levels. Of those, 90% of patients were low in phenylalanine and tryptophan,¹ the amino acid precursors to norepinephrine and serotonin, respectively. Amino acid therapy in conjunction with an anti-depressant decreased depressive scores and aggression in the patients, more so than the anti-depressant alone.¹

1. Ille R, Spona J, Zickl M, et al. "Add-On" – therapy with an individualized preparation consisting of free amino acids for patients with a major depression. *Eur Arch Psychiatry Clin Neurosci*, Jun 2007;257(4):222-229.



<http://www.metamatrixinstitute.org/>

Close-Up Dr. John Fanning & daughter Jennifer

Psychology could be considered a challenging career; it takes a lot of training, a lot of dedication, and a creative approach to balancing work and family. So, it might be a little surprising when a son or daughter chooses our field.

Dr. John Fanning told me he “wandered” into psychology, but always knew he wanted a career in human service. He didn’t fully discover which path he would take until a friend made the choice for psychology. The friend later changed his career, but John went on to finish his undergraduate at Texas Tech, then his masters at Stephen F. Austin, and his doctorate at the University of Memphis.

John currently holds Clinical and Clinical Neuropsychology specialties and contributes to the world-class treatment team at Touro Infirmary. There he assists patients in brain injury rehabilitation. For the last decade he has helped patients with dementia assessment, neuropsychological

testing, and outpatient therapy. He also provides group therapy in the spinal cord injury program.

His daughter Jennifer has decided on a doctorate in psychology as well, and he makes it clear, “She’s going to out perform her dad. She’s extremely talented.”

About Jennifer’s choice of psychology, he said, “I feel positively about it; I never said ‘you need to go into psychology.’ But she had people telling her all along, ‘you should be a psychologist.’ It just seemed to fit her naturally.” She had even presented a poster at LPA in her senior year of high school.

Jennifer told me that she also wandered around in her interests, after first being in classical studies and archeology, and then even considering political science and law. “It’s interesting,” she said. “I didn’t become a psych major until the last.” But as the decision time in her life came closer, she thought back and knew she enjoyed the field and especially enjoyed her courses in abnormal psychology.



Jennifer is pursuing her doctoral degree at the University of Southern Mississippi and “really loves the program.” In her fourth year in clinical, she told me that the depth and intensity of the supervision she receives is extremely valuable to her. She feels that she is learning a great deal, a comment supported by John who insisted, “She knows more than I do.”

While enjoying her training in applications, Jennifer also has a love for research, the technical side, and the university setting. She is appreciative that USM has a very strong and vital research program, and she enjoys the range and opportunities available to her in research, which includes work in aggression, suicide and schizophrenia. Jennifer explained that the research is one of the reasons that she enjoys the field so much.

“Sometimes we talk shop,” she said about her relationship with her dad. “And, that’s fun. But mostly he gives me a lot of good advice like getting into a good program and how to deal with the stress that is normal for graduate school.”

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Michael Fanning, doing what he loves most- skateboarding.

Close-Up...

"Sometimes I think it's funny that we are in the same field. He's been there."

For now, Jennifer thinks that she might go into the academic track in her career. "I like research, I like the university setting. But I'd like to practice some as well." Presently, she is flying around the country for internship interviews.

John and Jennifer share another interest, running. They both ran the Mardi Gras Half-Marathon. And this brings up another family member, Michael, son and brother. Michael recently excelled in a behavioral science project competition at the state level. Jennifer said, "He'd make a really good psychologist." But both agreed that Michael, age 16, is headed in another direction. When I asked them what that was, they both concurred. "Oh, he's going to be a professional skateboarder."



Dr. John Fanning and daughter Jennifer out for a run. They both ran the Mardi Gras Half-Marathon.

Opening Announced for Recent Graduates

Dr. Tom Stigall alerted the *Times* that The Cancer Prevention & Control Research Training Program at the Comprehensive Cancer Center of Wake Forest University is seeking individuals with recent doctorates in psychology.

Individuals desiring to make a career shift to more fully develop their research skills in cancer survivorship are welcomed. Two to three years of funding with salary commensurate with post-doctoral experience are offered along with tuition, health insurance, research support, and travel allowances. An MS degree in Clinical and Population Translational Sciences as part of the training is optional. "Trainees will become independent research investigators in the field of cancer prevention and control, with a particular focus on cancer survivorship," according to the announcement from Dr. Nancy Avis.

Applications for 2010/11 are being accepted now and go to Dr. Avis, Wake Forest University School of Medicine, Department of Social Sciences and Health Policy, Winston-Salem, NC 27157.

Contacts: navis@wfubmc.edu and <http://www.wfubmc.edu/CancerControlTraineeship>

Dr. Nemeth & WCP Conduct Survey

Dr. Darlyne Nemeth, as Vice President of the World Council for Psychotherapy (WCP), invites colleagues to participate in an important survey. Questions are aimed at understanding the influence of personality types that "emerge at times of crisis." The survey, initiated as a response to WCP's United Nations presentation on climate change, will help understand factors important for future decisions.

Dr. Nemeth noted, "In times of crises people tend to polarize. We are trying to understand this polarization so that the WCP can be helpful from a humanitarian perspective." In the introduction to the survey she explained that the initiative serves a prosocial function and is an important research project.

She asks colleagues to visit climatesurvey.blogspot.com and complete this important questionnaire, named the "Climate Change Survey." It is anonymous and available in eight languages.

**Please Take Survey at
climatesurvey.blogspot.com**



Caitlin presenting her research at LPA's annual convention.

Student Focus

by Chad Hartman, MS

Caitlin Singletary

Louisiana Tech

Caitlin Singletary is currently near the end of her work in the APA-accredited Counseling Psychology program at Louisiana Tech. She noted that the positive change in people is the most inspiring part of counseling. She is also invigorated to see clients take back control in their lives. She stated, "It is inspiring to see the journey and the change in people, but seeing an individual learn how to take back the control and live their life is what keeps me in psychology."

She lists memorable experiences in her program including being presented with an Outstanding Doctoral Achievement Award by the Psychology Department and being informed that her research paper was accepted for publication in a peer-reviewed journal. She stated, "It is an honor to be recognized, whether it is by my faculty or by someone from the outside who sees that my hard work can contribute something to others."

Her favorite courses are the technique courses. She explained that, "By the end of the class, I have a more thorough understanding of the technique. And, I can modify and mold it to fit my therapeutic orientation."

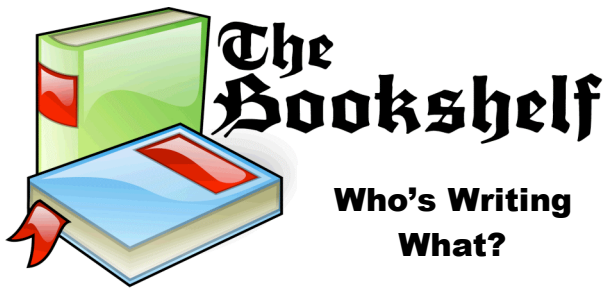
She stated that the LA Tech program has provided her with great opportunities. She described growing as a therapist through the curriculum and her practicum experiences. The program also offers lectures and weekend workshops where she developed a strong interest in hypnosis. She has since completed hypnosis training through ASCH.

Caitlin has been continually obtaining research experience since 2005, and has taught undergraduate courses in both Introductory and Developmental Psychology. Because of her interest in research, she has had the opportunity to present at LPA's annual convention for the past two years. She has also been appointed the student director of her program's student-run clinic, which has helped her learn the business-side of psychology.

Her research interests include pain management, chronic illness/disability, and hypnosis. Her current research focuses on the psychological effects of training centers on blind adults and predicting surgical outcome using psychological assessments. She currently works at the office of David Williams, Ph.D., M.P. in Monroe, LA. Under the supervision of Dr. Williams, she has had the opportunity to work with a wide variety of clients, including those with chronic pain.

Caitlin's eventual goal is to work in a private practice setting while having a relationship with a pain clinic. She could then help facilitate recovery in pain patients from the psychological side and help medical doctors determine treatment recommendations based on psychological assessments. She would also like to work as an adjunct professor, teaching future health workers in her specialty.

Her advice for undergraduate students is for them to find their passion. She entered her program knowing her goals and possessing a strong desire for working with chronic pain patients. She stated, "It is this passion that motivates me every day. It is this passion that makes me want to learn beyond my program's curriculum. It is this passion that inspires me to make a difference."



Planning Parenthood:

Strategies for Success in Fertility Assistance, Adoption, and Surrogacy

John Hopkins University Press

Jill Hayes, PhD and coauthors Rebecca Clark, MD, PhD, Gloria Richard-Davis MD, Katherine Theall, PhD, and Michelle Murphy, JD.

From the Publisher: Specialist authors first describe fertility assistance, surrogacy, and adoption, clearly outlining the requirements of each strategy. They compare the medical, emotional, financial, and legal investments and risks involved with each of these options. Then they introduce the issues that people will need to consider when deciding which path to parenthood is best for them. Along the way these experts offer encouragement for changing course under any number of circumstances. Supporting the detailed information in this book are personal stories of the often long, winding, and emotional road to parenthood — from in vitro fertilization to egg donation to surrogacy to adoption. Armed with professional knowledge and inspired by the experiences of others who have gone before them, prospective parents will be informed and reassured by this unique resource.

Dr. Jill Hayes brings to life the psychological elements in this authoritative yet practical work that assists readers over the complicated and serious personal journey of infertility. Writing with her colleagues from Louisiana State University Health Sciences Center, she helps combine the medical and psychological landscape for the modern woman or man who is part of the more than one million

Planning Parenthood

*Strategies for Success
in Fertility Assistance,
Adoption, and Surrogacy*

Rebecca A. Clark, M.D., Ph.D.,
Gloria Richard-Davis, M.D., FACOG,
Jill Hayes, Ph.D., Michelle Murphy, J.D.,
and Katherine Pucheu Theall, Ph.D.

couples seeking help to become a parent. The educational track of the book is amplified by personal accounts of individuals' journeys, and rounded out with legal perspectives.

Planning Parenthood covers the depth and breath of this important topic by tapping the knowledge, wisdom, and empathy of five female authors—two physicians (Clark, Richard-Davis), an epidemiologist (Theall), and attorney (Murphy), and psychologist Dr. Jill Hayes. The authors produce a readable, timely and reliable work for those dealing with the emotionally complicated situation of infertility.

"I was in the right place at the right time," Jill answered as to how she became a coauthor. "Dr. Clark and I both had fertility problems. She and I had worked at the HIV Clinic in New Orleans together for a number of years, had written another book together, and had enjoyed that process. So she asked me to be a coauthor with her on her newest book."

"Dr. Clark identified a niche that had not been filled by the various books on fertility and other pathways to becoming parents. Her vision was to provide prospective parents with a "cost-benefit analysis" of the various ways they could become parents, including discussions of the pro's and con's of the various methods, and inform future parents of when enough was enough and when it was time to move on to the next step."

As to writing with coauthors, Jill notes that it was, "Painless for me." She said, "Dr. Clark may not say the same for working with me. She's great taskmaster. Her gentle nudging was just the right touch to make me meet most of the deadlines." But it wasn't always easy to find time to write. "The two biggest issues for me were carving big blocks of time out of my schedule to do the research and writing that was necessary, and

A Psychologist/Psychoanalyst Looks at Mozart's Depression, His Mother's Death, and Composing in a Minor Key

by Carolyn Weyand, Ph.D.

Mozart composed only one sonata in a minor key, the Piano Sonata in A Minor K.310, in 1778. He had been traveling that year with his adored mother, in Paris. Depression plagued Mozart in bouts all through his life. In 1778, depression had crippled him, leaving him unable to compose. His mother died during that trip. His father, ever harsh and critical, blamed him for her death.

From the ashes of that traumatic year, Mozart wrote the brooding Piano Sonata in A Minor. Marked by its gravity and departure from his usual style, the piece represents Mozart's turning tragedy into triumph. Composers employ a minor key to embody suffering, leaving the listener with the sound of crying and keening in the ear. The composition expresses Mozart's emotional pain and brings the pain to its conclusion in the work.

The A Minor Piano Sonata, K. 310 will be performed in New Orleans on Sunday, February 28, 2010, at the Trinity Episcopal Church, by concert pianist, Louis Nagel, DMA, a Steinway Artist and Professor of Piano at University of Michigan's School of Music. The concert is part of Melodies of the Mind: A Psychoanalytic and Musical Perspective on Mozart in 1778, a lecture-recital program developed by Julie Jaffee Nagel, PhD, a psychologist /psychoanalyst, Dr. Nagel's wife, and pianist in her own right.

Julie Jaffe Nagel earned her PhD in psychology from the University of Michigan. She holds degrees in music from The Julliard School and degrees in social work, as well. Her credentials also include certification by the American Psychoanalytic Association (APsaA) in psychoanalysis. She studies the intersection of music and psychoanalysis, exploring music as the language of emotion. She has earned multiple awards and grants for her work.

Funding for Melodies of the Mind: A Psychoanalytic and Musical Perspective on Mozart in 1778 comes from a grant from the APsaA and from the New Orleans-Birmingham Psychoanalytic Center's Ernest O. Svenson, MD, Fund for Psychoanalysis and the Arts. The sponsors, Trinity Artist Series and the New Orleans-Birmingham Psychoanalytic Center, invite all to attend. The recital and lecture take place from 5:00pm to 6:30pm, followed by a complimentary wine and cheese reception. The program is free and open to the public.

Bookshelf...

then making myself write instead of the 20 million other things that seemed much more important, like rearranging my sock drawer."



While Jill admits it might sound like a cliché, she said that the most fulfilling part of writing is "helping people during troubling times." She was stunned when she found out her first book was going to be reviewed by the New York Times. But then, she said, "I realized that our book was going to help many, many people."

The authors have produced a compassionate, informative guide for the growing number of couples who receive

fertility assistance, seek information about surrogacy, or benefit from help in changing directions toward the choice of adoption. *Planning Parenthood* is available at bookstores everywhere.

Jill Hayes, Ph.D., is a clinical neuropsychologist in private practice and an Adjunct Associate Professor of Clinical Psychiatry at Louisiana State University Health Sciences Center.



Again, it will be Sunday, February 28, 5:00pm to 6:30pm, at Trinity Episcopal Church, 1329 Jackson Avenue, New Orleans. Free.

PD
{{ART}}



Folk Arts
Dr. Kim VanGeffen

Psychologists know that decompressing is an important task in modern life, and usually try and make time to follow their own advice. Dr. Kim VanGeffen's hobby not only provides her an outlet for creativity and a little precious solitude, but works well for putting the concerns of a busy, dedicated psychologist away for some well-deserved leisure time.

"I remember that the first time I actually felt relaxed after Hurricane Katrina," she said. "It was when I did this particular counted cross-stitch project while riding on a train in upstate New York. Because counted cross-stitch requires working from a graph, you have to really concentrate and block out all other thoughts. Plus, it's a great activity for people with an obsessive-compulsive bent because you get to do all of this repeated counting!"

She has enjoyed craft activities since a young girl, starting in Brownies and Girl Scouts. She said she always looked forward to those meetings when the group would be involved in working on and learning new crafts. "When I was in high school," she said, "my mother and several of her friends opened a needlework shop in New Orleans. They featured crafts such as needlepoint, counted cross-stitch, knitting and quilting. I began to take classes and fell in love with all of these creative activities."



Dr. VanGeffen with quilt she made for her mother.

In recent years, Kim has done mostly counted cross-stitch and quilting. "I find these activities to be very relaxing because they absorb your full attention."

Unfortunately, she lost almost all of her hand knitted sweaters and cross-stitch and needlework projects in Hurricane Katrina. "The floodwaters were so caustic that when I tried to rescue my all time favorite cross-stitch project which was, ironically, a Hurricane Tracking Chart, it disintegrated into pieces when I put it in water. It was heartbreaking but, luckily, I was able to find the exact same graph of this project. I recently completed it and it now sits on the mantle of my new home. It can actually be used to track hurricanes."

Kim has greatly enjoyed making quilts and has followed the time honored tradition of quilters world wide; creating works of folk art that embrace meaning, memories and the traditions of one's family or group, and that last through generations. The first quilt Kim ever made was a lap quilt in various shades of blue that she gave to her mother at Christmas, 1981. After her mother died, the quilt came back to Kim. She said, "I am thrilled to have it."

"Another quilt which came back to me was one I made for a dear friend who died of breast cancer in 2006. When she was going through chemotherapy, some other friends and I took turns staying with her. I spent that difficult time making quilts which I gave to friends at Christmas."

Several of Kim's quilts are owned by LPA members.

Up-Coming Events: SEPA Chattanooga, March 10 - 13

SEPA, Con't from Page One...

Invited speakers include Author David Myers of Hope College who will talk on his book, "In a Quiet World: Living with Hearing Loss." And Donelson R. Forsyth, from the Jepson School of Leadership Studies, University of Richmond, will present the Rosecrans SEPA Invited Address, "Move over Individuals: Making Room for Group in Teaching and Learning."

Fredda Blanchard-Fields, from Georgia Institute of Technology, will deliver the APS William James Distinguished Lecturer address on "Think with Your Head and Your Heart: Developmental Dynamics in Everyday Problem-solving." Also University of Georgia Distinguished Research Professor Emerita Patty Gowaty (now Distinguished Professor, Ecology and Evolutionary Biology and Institute of the Environment at UCLA) will speak on "The Evolutionary Ecology of Sex-Neutral 'Sex Role' Behavior."

Boston University's David Barlow presents the APA G. Stanley Hall Lecturer, with "Diagnoses, Dimensions, DSM V, and a Transdiagnostic Approach: Time to Get Radical." Deryl Bailey, from University of Georgia will speak on "African American Males/Empowering Youth."

Dr. Rosemary Hays-Thomas, SEPA Administrative Officer, noted that the convention will open on Wednesday with a late-day reception and poster session, and there will be a full day of programming on Thursday and Friday, and a half day on Saturday. (Rosemary received her undergraduate and post-doc in IO from LSU.)

Rosemary mentioned that "...the Psi Chi national headquarters is located in Chattanooga, and this year is another milestone birthday for Psi Chi, so expect some festivities in celebration." The Psi Chi/SEPA invited address this year will be given by Hall "Skip" Beck, from Appalachian State University: "Finding Little Albert: Adventures in Our Journey to Watson's Infant Laboratory."



Gone Fishing...

"When I was involved with LPA's previous political action committee, LaPLAN, we would have raffles at the conventions in order to raise funds. For several years, I made and raffled quilts. So my quilts are all over Louisiana and I hope owned proudly."

In regard to future creative efforts, Dr. VanGeffen said, "They say you are a true crafter if you have in your closets more projects than you could ever complete in a lifetime. Since Hurricane Katrina, I've been slowly but surely working toward this goal!"



Chickamauga and Chattanooga National Military Park, site of battles in 1863, are part of the abundant civil war and cultural attractions in the area. Photo courtesy of Chattanooga Convention and Visitors Bureau.

Opportunities for continuing education include a full day Thursday and Friday with programs on suicide prevention, anger management in children and adolescents, ethical concerns in dual relationships, and aging. Included is a program titled "Dissemination and Transportability of Parent Child Interaction Therapy to Community and Applied Settings." Two more ethics programs are presented on Friday, "Ethical Dilemmas: Teaching, Research and Practice," and "The Ethical Practice of Forensic Psychology." The full day workshop on Friday will be, "LD and ADHD: A Lifespan Approach." Fees are \$30 (\$15 students) for the two-hour workshop, \$50(\$25) for three-hour workshops (3 CEs), and \$100 (\$50) for six-hour workshops (6 CEs). In addition, attendees can also earn CE credits for the invited speakers (1 CE each - \$10).

"The setting for this year's convention will be extraordinary," report Rosemary and Lyn Zittel, SEPA Administration Assistant. "Whatever your interest, you will find it in Chattanooga -- road and mountain biking, hiking, walking paths beside the river, white water rafting, hang-gliding, and rock climbing. If you are into nature, but not wanting to exert yourself too much, you can take the Tennessee Aquarium River Gorge Explorer, a 70-passenger high-speed catamaran that tours 26 miles of the Tennessee River, or tour the river on "The Blue Moon" a 70-foot luxury cruiser. There is even a Tow Truck Museum -- really!"

"If you are feeling less adventurous, you could take a few hours to walk through some of the museums in the area: The Hunter Museum of Art (19th, 20th, and 21st Century art), the Chattanooga African American Museum/Bessie Smith Hall, or the Creative Discovery Museum (for children and parents). You could spend time at one of the parks along the riverfront, tour Ruby Falls or take the Incline Railway on Lookout Mountain, or visit the two aquariums. The history buff may want to visit the sites of the Battle of Lookout Mountain (The Battle Above the Clouds), or the Chattanooga National Cemetery."

Registration and more information can be found on the SEPA website:
www.sepaonline.com

Other Up-Coming Events

Society of Consulting Psychology (Div 13)

February 4-7, Scottsdale, AZ

(www.div13.org/conference/2010/index.html)

Cluster C Personality Disorders

February 19 Baton Rouge, The Marriott; and

March 5, Lafayette, Holiday Inn

Professional Training Resources

(www.professionaltrainingresourcesinc.com)

Society for the Psychology of Women (Div 35) and Trauma Psychology (Div 56)

February 24-26, Sheraton Dallas, Dallas TX

www.apaviolencesummit.org

American Association for the Advancement of Science

February 18-22, San Diego, CA

www.aaas.org/meetings



Bluff View Art District. Chattanooga's rich arts scene is second to none, with one of the nation's largest collections of American art at Bluff View, NorthShore and Southside art districts, with many galleries and emerging artists.

Photo courtesy of Chattanooga Convention and Visitors Bureau.

Media Matters

by Dr. Susan Dardard



Are you multilingual in psychology? Do you use simple statements that can reach the public as well as you do the scientific jargon of your area of expertise? If you are interested in communicating your knowledge and expertise through the public media, you will need to prepare yourself for a new way of talking.

You need to speak coherently about concepts, findings, and practices, using the terminology of our field, to communicate effectively with colleagues. Your credibility in speaking at conferences and writing for journals requires this first sophisticated language base.

Talking with students in class and with clients in therapy are similar in that both involve an educational process of illuminating the principles and practices of our field. We interact in ways that yield first understanding and then application of relevant aspects of what we know. In these settings, we need to



Dr. Kelly Ray (right) shares photos with Dr. John Fanning (left) and Dr. Susan Dardard (center). She also discussed LPA's convention with the *Times*, noting that the plans are coming along well and that information about this year's programs will be coming soon. Dr. Ray is President-Elect of LPA.

use our second language style, with a more accessible vocabulary.

Reaching the public audience through a media format entails the ability to retrieve complex data from your wealth of psychological knowledge, and quickly translate that information into easily digestible nuggets. Knowing how to speak succinctly, promptly, accurately, and clearly indicates skill in this third language mode, that of using "common denominator" words.

For example, you are ready for your radio, television, and print media interviews if you are adept at adhering to three main points, each of which you can describe initially in eight second sound bites. You must resist indulging in extensive explanations and limit yourself to carefully phrased, helpful, and memorable comments. To do so while remaining true to the integrity of our profession requires discipline and training.

That third language, the simple one the public relies on, may be the hardest of all to acquire!

If you would like to reach the public through the media, please email MediaServices@DrSusanDardard.com, or call 225-635-4555.

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Psychologists

The Public Needs to Meet You

Are You Ready For Your

Newspaper Interview

Radio Discussion

Television Appearance

To Prepare Yourself

Contact Dr. Susan Dardard

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